Lothian NHS Board

NHS Lothian Headquarters

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Date 10 November 2026
Your Ref
Our Ref 12047

Enquiries to Richard Mutch
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richard.mutch@nhs.scot

Dear

FREEDOM OF INFORMATION – HIV SERVICES

I write in response to your request for information in relation to HIV services.

Question:
1. Name of your Trust or Health Board?

Answer:
NHS Lothian

Question:
2. Does the HIV service(s) have a named or designated role with recorded responsibility for overseeing psychological support for a) adults b) children and young people living with HIV?
   If yes, please provide:
   a. the job title
   b. the relevant department or service;
   c. whether the post forms part of the HIV multidisciplinary team; and
   d. the funded whole-time equivalent allocated specifically to this responsibility, if recorded.

Answer:

a.	Clinical Psychologist; Consultant Liaison Psychiatrist
b.	Chalmers Sexual Health Service and Regional Infectious Diseases Unit (both Adult Services)
c.	YES
d.	Clinical Psychologist 0.5wte; Consultant Psychiatrist 1wte

Question:
3. Does the HIV service have access to funded psychological practitioner capacity dedicated wholly or partly to people living with HIV?
   If yes, please provide, where held:
   a. the profession(s) or job title(s);
   b. the funded whole-time equivalent dedicated to HIV care.

Answer:

Yes	
a.	Clinical Psychologist (0.5wte), Clinical Associate in Applied Psychology (0.6wte); Mental health nurses 2.2wte; Consultant Psychiatrist 1wte
b.	As above

Question:

4. Using the table below, please indicate which services for people living with HIV are available within your NHS Board, the delivery route for each service (using the codes provided below), whether the service is commissioned specifically for people living with HIV, and whether the service uses Patient-Reported Outcome Measures (PROMs).

Answer:

Type of support	Available?	Delivery route (Select all applicable codes)	Commissioned specifically for people living with HIV?	PROMs used?
Psychological needs identification or assessment	Yes	A, B, C	Yes	Yes
Low-intensity psychological interventions	Yes	A, B, C	Yes	Yes
Specialist psychological practitioners (e.g. clinical psychologists, counselling psychologists, psychotherapists)	Yes	A, B	Yes	Yes
Specialist psychological therapies	Yes	A, B	Yes	Yes
Neuropsychological assessment or support	Yes	A, B	Yes	Yes
Pathway for severe and enduring mental illness	Yes	A, B	Yes	Yes
HIV peer support	Yes	C	Yes	N/K
Online psychological support services	Yes	A, B	Yes	Yes
Other	Specify	Select code	Yes / No / Not held	Yes / No / Not held

Delivery-route codes:

- *A: Provided within the HIV service*
- *B: Referred to another NHS service*
- *C: Provided by a commissioned HIV-specific VCSE organisation*
- *D: Provided by a commissioned non-HIV-specific VCSE organisation*

- *E: Provided by a commissioned independent or private provider*
- *F: Information not held*

Question:

5. Does the NHS Board hold a current HIV training programme, training requirement, competency framework or guidance for staff delivering psychological or mental health support to people living with HIV?
   If yes, please provide a copy or web link, or state:
   a. the title of the training or document;
   b. the staff groups to which it applies; and
   c. whether completion is mandatory or optional.

Answer:

There is in-house HIV team CPD in both centres, with optional attendance.

Question:

6. For the calendar year 1 January to 31 December 2025, please provide the following recorded figures, where held:

a. the total number of people recorded as receiving HIV care;
b. the number who received a recorded psychological-needs identification, screening or assessment; -
c. the number identified through that process as requiring or potentially benefiting from psychological support; and
d. the number referred by the HIV service for psychological support.
   Total referrals (excluding those coded as 'other sexual health issue'):

If the NHS Board already holds percentages corresponding to these figures, please also provide them. We are not asking the organisation to calculate percentages that it does not already hold.

Answer:

a.	1,634
b.	New psychology assessments attended within Chalmers HIV and Sexual Health Psychology in 2025: 59. This is part of the annual reviews and numbers not available with psychological services.
c.	Same as the number referred
d.	71 in Chalmers and 139 in RIDU (RIDU numbers include Hep B and C).

Question:

7. For referrals made during 2025, please provide any recorded information held on waiting time, in calendar days**,** from the date of referral to the first attended psychological-support appointment.
   Where held, please provide:
   a. mean waiting time;

b. median waiting time;
c. the number of referrals included in the calculation; and
d. the definition of waiting time used, and reporting period used.
We are not asking the NHS Board to calculate a mean or median if it does not already hold that information.

Answer:

Month	Longest waiting time in weeks captured at end of month, from referral to psychology to time of first appointment.
January	<12 weeks
February	<10 weeks
March	<8 weeks
April	6 weeks
May	<7 weeks
June	<6 weeks
July	Unknown (not documented)
August	<8 weeks
September	10 weeks
October	<6 weeks
November	<7 weeks
December	6 weeks

Mental health nurses -see people within 2 weeks of referral.

Question:

8. Since 1 January 2020, has the HIV service(s) completed an audit, self-assessment, service review, gap analysis or quality-improvement exercise that explicitly assessed provision against either of the following standards?

   a. BHIVA Standards of Psychological Support for Adults Living with HIV (either the 2011 Standards or the updated 2025 Standards)
   b. Psychological Management of Children and Young People Living with HIV: Standards for Care

   For each relevant exercise completed, please provide:
   a. its title and completion date;
   b. which standard was used;
   c. a copy of the final report, action plan or executive summary; or, if already published, a web link; and
   d. the recorded status of actions arising from it, where held.

Answer:

Edinburgh has one of the exemplary HIV psychological support services, with an in house co-located multidisciplinary mental health team having a BBV remit. We provide enhanced mental healthcare to our patient group. Since 2020, RIDU has carried out a service user feedback which included psychological support provision.

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: https://org.nhslothian.scot/FOI/Pages/default.aspx

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive